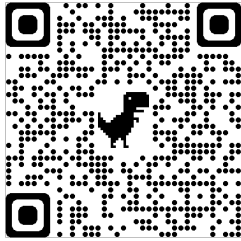


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newsletter



## ABOUT COA

The Catawba County Council on Aging has been serving seniors for over 46 years by operating the West Hickory Senior Center and by partnering with recreation centers, libraries, churches, and other organizations to provide services, activities, and programs throughout Catawba County. The West Hickory Senior Center is a multi-purpose senior center and is certified as a Senior Center of Excellence by the North Carolina Division of Aging and Adult Services.

The COA is a 501(c)(3) private non-profit organization with a governing Board of Directors. Funding for the Council on Aging is provided through grants, fundraising, and private donations. All contributions are tax-deductible to the extent provided by law.

who  
we  
are

## WEST HICKORY SENIOR CENTER

**400 17<sup>TH</sup> STREET SW  
PO BOX 835  
HICKORY, NC 28603**

### HOURS OF OPERATION

Monday – Thursday 8:00 am - 4:30 pm  
Friday (can vary) 8:00 am - 2:00 pm  
4<sup>th</sup> Thursdays 8:00 am - 7:00 pm

**PHONE: 828-328-2269  
FAX: 828-328-8885**

### E-MAIL:

[councilonaging@catawbacouncilonaging.org](mailto:councilonaging@catawbacouncilonaging.org)

### WEBSITE:

[www.catawbacoa.org](http://www.catawbacoa.org)

### FACEBOOK:

[www.facebook.com/Council-on-Aging-of-Catawba-County](http://www.facebook.com/Council-on-Aging-of-Catawba-County)

## OUR MISSION

Providing a focal point for aging resources, as well as opportunities designed to extend independent living and enrich the quality of life for Catawba County's older adults.





## HEALTH & WELLNESS

- AARP SMART DRIVER COURSE
- CAREGIVER SUPPORT GROUP
- CHAIR ZUMBA
- EXERCISE BIKE
- FLU SHOTS
- LINE DANCING
- MAMMOGRAMS
- QI-GONG
- TAI CHI
- YOGA
- ZUMBA GOLD



Staying active is important to healthy aging. We offer numerous programs and activities to promote wellness in the areas of mental, physical, and emotional health.

## VOLUNTEER OPPORTUNITIES

Our organization greatly appreciates the assistance we receive from volunteers in operating our programs. Opportunities include SHIP Medicare Counseling, Tax Assistance, Special Events, Class Instruction, Office Assistance, and Newsletter Distribution.

## ACTIVITIES

- ART CLASSES
- BINGO
- CARD CLUB
- CRAFT CLASSES
- CRAFT FAIR
- CROCHET CLUB
- DAY TRIPS
- GAMES GROUP
- GARDEN CLUB
- MUSIC EVENTS
- PEN PAL PROGRAM
- PRIME TIME SINGERS CHORUS
- QUILTING CLUB
- SEASONAL PARTIES
- SENIORS MORNING OUT
- TRIVIA
- VIRTUAL PROGRAMS
- VISUALLY IMPAIRED LIONS CLUB



## SERVICES

- AARP TAX-AIDE
- ADVANCE DIRECTIVES
- BI-MONTHLY NEWSLETTER
- COMPUTER LAB
- COMPUTER TRAINING
- COPIER
- FAX
- FOOD PANTRY
- INFORMATION & CASE ASSISTANCE
- LEGAL SERVICES
- LIBRARY
- NOTARY
- SHIP MEDICARE COUNSELING
- SMARTPHONE CLASSES
- TELEPHONE REASSURANCE
- WI-FI

## HOW DO I GET INVOLVED?

There is no membership fee to participate in Council on Aging activities. To find out what we offer each month, call and request a copy of our free newsletter, "The Scope."

